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The Pulse

This is a monthly newsletter distributed by Work-Fit®

COME "BUILD YOUR PYRAMID"

A new incentive contest started at Work-Fit on September 4. Build Your Pyramid combines luck and skill in an effort to win prizes while you learn about the new food guide pyramid. Winners can win a Work-Fit Duffel bag and an equal share of the money their employees' club donated.

Below are some tips to help you climb the food pyramid to better health.



- For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes and whole-wheat macaroni in macaroni and cheese.
- Popcorn, a whole grain, can be a healthy snack with little or no added salt and butter.
- Stock up on frozen vegetables for quick and easy cooking in the microwave.
- Include chopped vegetables in pasta sauce or lasagna.
- Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.
- Add fruit like pineapple or peaches to kabobs as part of a barbecue meal.
- If you usually drink whole milk, switch gradually to fat-free milk, to lower saturated fat and calories. Try reduced fat (2%), then low-fat (1%), and finally fat-free (skim).
- If you avoid milk because of lactose intolerance, the most reliable way to get the health benefits of milk is to choose lactose-free alternatives within the milk group, such as cheese, yogurt, or lactose-free milk, or to consume the enzyme lactase before consuming milk products.
- Choose fish more often for lunch or dinner. Look for fish rich in omega-3 fatty acids, such as salmon, trout, and herring.
- Choose nuts as a snack, on salads, or in main dishes.

The Dietary Guidelines for Americans, 2005 states that a healthy diet is one that emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products; includes lean meats, poultry, fish, beans, eggs, and nuts; and is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

Contact us at:
Work-Fit@ MDOC
Injury Care Program:
Health and Fitness Program

Monday through Friday
5:30am - 7:30pm
780-6002

Kettlebells are going strong!

More and more employees are enjoying the benefits of using kettlebells at Work-Fit. You can follow along with the 45 minute video, "The Art of Strength: Providence" and once you have learned the techniques try "The Gunslinger Workout" for an intense circuit of strength and cardio. A Kettlebell program will increase your overall strength, decrease bodyfat, decrease stress, increase your energy level/flexibility/endurance, and help you get into the best shape of your life. The kettlebell program is offered Monday through Friday, 5:30am—6:30p. Work-Fit recommends that individuals consult with a staff person prior to beginning any new program.

